

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, Aug. 4, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

RAB meeting tonight

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., at the Edgewood Senior Center on Gateway Road, featuring an update on the Westwood Study Area.

Board meetings are open to the public; all APG employees and citizens are invited. For more information, call the Information Line, 410-272-8842 or 1-800-APG-9998.

Briefing on new personnel system Aug. 3

The Army Assistant G-1 for Civilian Personnel Policy, Dave Snyder, will conduct a town hall meeting 1 p.m., Aug. 3 on the new personnel system that will eventually affect all Department of Defense civilians.

This is an opportunity for all civilians to learn the status and key milestones, as well as an opportunity to ask questions.

The briefing will take place at the APG Post Theatre, building 3245, and a broadcast to the Edgewood Conference Center, building E-4810, at the same time. All civilians and military supervisors are encouraged to attend.

For information on NSPS prior to the briefing, visit the NSPS Web site, <http://www.cpms.osd.mil/nsps/>.

Anyone unable to attend the briefing, but has questions should submit them to Human.Resources@apgea.army.mil by July 25.

Upcoming Youth Sports events

The British soccer camp will be held 10 a.m. to 1 p.m., Aug. 2 through 6, at the Youth Center field in the Aberdeen Area. Coaches from England will provide instruction.

The Junior Golf tournament will be held 8 a.m. to 11 p.m., Aug. 10.

For more information, call Bill Kegley, 410-306-2297.

CPAC changes name

The Civilian Personnel Advisory Center is now

See SHORTS, page 3

Purple Heart Memorial to be dedicated at APG

E. C. Starnes

U.S. Army Ordnance Corps

A special granite memorial will be dedicated at the Ordnance Museum on Aberdeen Proving Ground to commemorate the service and sacrifice of veterans who have “borne the battle” and earned the oldest military decoration in the world still in present use—the Purple Heart.

During a 10 a.m. ceremony on Aug. 7, the APG military community will join with the Military Order of the Purple Heart in dedicating the State of Maryland Purple Heart Memorial. This is the first time that one of these special state memorials will be dedicated on federal property.

The date of the dedication coincides with Purple Heart Day, observed on Aug. 7 of each year by members of the Military Order of the Purple Heart.

Al Silvano, national commander of the Military Order of the Purple Heart, stated, “Through the dedication of

these state memorials, our nation takes pause to honor not only those who bore the brunt of battle—those who gave all or some in the defense of our freedoms and security—but through this issuance our government honors all who served in our armed services, and their families, who have paid the price in terms of sacrifice and support of American ideals.

“It is through those who serve that others can go on to become artists, scientists, engineers, or captains of industry, in an environment that is not only free, but secure as well.

“It is fitting and proper that this is being done in conjunction with our national Purple Heart Day observances across the country.”



In observance of Purple Heart Day, Military Order of the Purple Heart Day Departments, and community-based chapters will conduct memorial dedications in nearly every state of the union to honor members of the community who have been awarded the Purple Heart, veterans, community leaders and government officials.

The Purple Heart is awarded to members of the armed forces who, while engaged in combat with an enemy of the United States are killed or wounded. It is estimated that more than 1.5 million Americans have been killed or wounded in combat operations against enemy forces since the founding of the republic.

Obtaining access to APG

The public is invited, particularly veterans, especially those who have been awarded the Purple Heart, their families, and next of kin of members who were killed while serving the military.

A photo identification card is required for access to APG. Also, drivers should have a valid driver's license and vehicle registration. Officials at APG suggest carpooling when possible.

News media information

As escorts are required, media interested in covering this event should contact the U.S. Army Ordnance Center and Schools Operations Center at 410-278-9321 for escort arrangements.

Photographs and film footage of the entry gate to the installation are prohibited.

Additional information regarding the Military Order of the Purple Heart may be found on its Internet Web site at www.purpleheart.org.

DoD aids electronic health records system initiative

Gerry J. Gilmore

American Forces Press Service

The Defense Department will share its expertise using electronic health care records as part of a government initiative that aims to establish and link such a system nationwide by the end of the decade.

Making electronic record-keeping part of the public health care system would improve medical care and save money, Health and Human Services Secretary Tommy G. Thompson noted at the HHS-sponsored Secretarial Summit on Health Information Technology July 21.

Across-the-board implementation of health information technology could save the

nation about \$130 billion a year in health costs, Thompson said. And, he added, use of electronic medical records likely would improve the nation's correct medical treatment rate, currently at 55 percent.

“Don't you think, in America, we deserve [medical] treatment that's better than 55 percent correct?” Thompson asked his audience.

In April, President Bush directed DoD, the Department of Veterans Affairs and the Office of Personnel Management to examine how they'd advance health information technology for public use nationwide in 10 years.

Bush also created an Office

of the National Coordinator for Health Information Technology. Dr. David J. Brailer, who also attended the summit, was appointed in May to lead that office.

Implementing health information technology across America, Brailer declared, “is about transformation of [U.S.] health care.”

Thompson said he'd soon appoint a leadership panel to estimate the costs and benefits of implementing health information technology nationwide. That panel, he noted, would report back to him in October.

DoD will join with the DVA and HHS, explained Dr. William Winkenwerder Jr.,

assistant secretary of Defense for Health Affairs, in developing “usable standards” for public-sector application of electronic storage and movement of medical information. Winkenwerder attended the summit with Thompson, Brailer and other health care officials.

Winkenwerder said DoD first used electronic medical record keeping about 12 years ago and is now introducing an updated system.

DoD, through its vast health care system that includes contracted civilian sourced providers as part of the TRI-CARE system, also would “encourage the use of health information technology and

health information exchange” across the private sector, Winkenwerder noted.

Winkenwerder pointed out, DoD is contributing its knowledge to develop a national electronic bio-surveillance system. President Bush signed legislation establishing Project BioShield, a program that encourages U.S. drug companies to develop antidotes for bio-terrorism agents.

It's logical, Winkenwerder noted, for DoD to share its computer expertise in developing a national electronic health records system. “After all, the Internet did, in fact, start at the Department of Defense,” he said.

Army moves up fielding of Future Combat Systems



Photo courtesy of U.S. Army
A demonstrator version of the NLOS Cannon fires its 155mm projectile at Yuma Proving Ground, Ariz.

Gary Sheftick
Army News Service

The Army plans to accelerate the fielding of some Future

Combat Systems such as armed robotic vehicles, unattended ground sensors and unattended munitions.

The Army is taking advantage of leaps and bounds in wireless technology to “spiral” FCS development, said Lt. Gen. Joseph L. Yakovac, military deputy to the assistant secretary of the Army for Acquisition, Logistics and Technology. He said spiraling allows for a more flexible approach to system development, to add technology as it emerges.

“The Army evolves by putting future ideas forward as they become available,” Yakovac said.

Army leaders also plan to field sooner, to more of the force, an automation network known as the “System of Systems Common Operating Environment,” or SOSCOE. Yakovac likened SOSCOE to the “windows” operating system of a computer, but infinitely larger, and said the network will allow units to “plug and play” the FCS pieces.

“We are basically building the Internet you use every day and moving it into battle space,” Yakovac said. He added that it's a big challenge to make that network secure yet accessible by all Soldiers and integrated with all systems.

Future Combat System technology will be inserted into the brigade-sized units of action the Army is establishing, said Brig. Gen. Charles Cartwright, program manager for the FCS UAs. He said one of the UAs will be selected as an “experimental unit” to test all the new FCS technology in 2008. A projected 32 of the 43 UAs will be fielded with some FCS capabilities by 2014, he said.

See SYSTEMS, page 12

61st Ordnance Brigade to get new commander

Change of command tomorrow

E. C. Starnes

U.S. Army Ordnance Corps

A former commander of the 143rd Ordnance Battalion at APG commands the 61st Ordnance Brigade. As of July 30 a former commander of the 143rd Ordnance Battalion at APG will command the 61st Ordnance Brigade.

No change? Not quite. Col. Francis R. Merritt will take command of the brigade from Col. Paul D. Meredith during a 9 a.m. ceremony on Fanshaw Field. Both formerly commanded the brigades' 143rd Ordnance Battalion in the Edgewood Area of APG.

Meredith, who has commanded the 61st Ordnance Brigade and the Ordnance Mechanical Maintenance School since July 2002, is moving on to become chief of staff, 1st Corps Support Command at Fort Bragg, N.C.

Merritt, who is coming from an assignment as the G-4 for NATO Rapid Deployable Corps-Turkey, in Istanbul, Turkey, will receive the colors of the brigade from Brig. Gen. William M. Lenaers, chief of Ordnance and Commanding General of the U.S. Army Ordnance Center and Schools.

Troop support for the ceremony will consist of Headquarters and Headquarters Company, 61st Ordnance Brigade, led by Capt. Kermit Thomas and 1st Sgt. Norma Morant; the 16th Ordnance Battalion, led by Lt. Col. Richard Parker and Command Sgt. Maj. William Hart; the 143rd Ordnance Battalion, led by Lt. Col. Robert Pastorelli and Cmd. Sgt. Maj. Robert Green; the U.S. Marine Corps Detachment, led by Maj. Dan

M. Mielke and 1st Sgt. Thomas A. Thompson Jr.; the U.S. Air Force Detachment, led by Maj. Steven Pratt and 1st Sgt. Victor DeLarosa; the Noncommissioned Officers Academy, led by Command Sgt. Maj. Edith Crofts; and, the 389th Army Band, (AMC's Own), led by Chief Warrant Officer 4 Robert L. Larsen.

Col. Francis R. Merritt

Merritt, a native of Reno, Nev., was commissioned from the ROTC program at Central Missouri State University as a second lieutenant in the Ordnance Corps.

He has served at Fort Lewis, Wash.; Panama; Fort Riley, Kan.; APG and Turkey.

The new brigade commander is a graduate of the Ordnance Officer Basic and Advanced courses, the Missile Maintenance Officer Course, Combined Arms Services Staff School, Command and General Staff College and the Industrial College of the Armed Forces.

He and his wife, Nancy, have two daughters.

Col. Paul D. Meredith

A native of Seattle, Wash., Meredith was commissioned through the ROTC program at the University of Washington in Seattle as a second lieutenant in the Ordnance Corps.

He has served in Germany; Fort Lewis, Wash.; The Netherlands; Schofield Barracks, Hawaii; the Pentagon; APG and Alexandria, Va.

He and his wife, Paula, have two daughters.

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Army News



Focus: Balancing AC/RC force structure impacts 100K positions

Joe Burlas
Army News Service

The changes planned under Army Chief of Staff Gen. Peter Schoomaker's Active-Component/Reserve-Component Balance focus area will mean more civil affairs, military police, transportation and port operations Soldiers in the Army, and fewer artillerymen, air defense troops and ordnance Soldiers.

Schoomaker told members of Congress at the end of January that the active Army will temporarily grow by about 30,000 Soldiers over the next few years to ensure the Army meets its worldwide commitments in the war on terrorism while resetting and rebalancing to be more ready and relevant.

AC/RC Balance is about restructuring capabilities across the force, not changing the end strengths of the active, Reserve and National Guard components of the Army, said Col. Paul Hilton, chief of Programs, G-3, whose branch conducted analysis in support of the focus area.

The current authorized strengths are 482,400 for the active Army; 205,000 for the Army Reserve and 350,000 for the Army National Guard.

The Guard and Reserve have been integrally involved with the redesign planning and decision-making process from its inception, a senior Army official said. He added that the force balancing is designed to increase readiness, relevance, predictability, sustainability, survivability and deployability to enhance the warfighter.

"This effort reflects the

times we live in and the threats the nation faces in the contemporary operating environment," Hilton said. "It is about us being more ready and relevant to do the things we have to do against those who would do us harm today, and not the structure we built to face massive Soviet armored formations across the Fulda Gap during the Cold War."

The rebalance of forces supports the chief's "Modularity" concept which will move the Army to a brigade-based design, Hilton said.

Changing the Army structure is not new; it is something the Army analyzes annually as it looks toward future needs and prepares its budget for Congress to approve, Hilton said. In fact about a third of the 100,000 spaces the restructure calls for were identified and planned for prior to Schoomaker coming out of retirement to take the reins of Army leadership as chief of staff last summer, he said.

Specifically, routine Army analysis demonstrated the need to increase its numbers of special forces, military police and civil affairs capabilities within the active force shortly following the terrorist attacks of Sept. 11, 2001. Additionally, a DoD memorandum issued in July called for the Army to be able to field a rapid response force capable of responding to any low- to midlevel intensity crisis in the world with minimum need to reach into the reserve-component to meet deployment manning requirements in the first 15 days of the operation.

Schoomaker expanded that to include the first 30 days of a deployment and further directed the revision of some policies and unit designs to increase readiness in the force.

First he directed that all Army early-deploying units be authorized 100 percent of the soldiers required in the unit design. Currently some AC units are authorized fewer people than they require to perform their wartime mission and must be augmented before deployment. These units will be brought to 100 percent authorizations, or in some

the Army moves to implement Force Stabilization, Hilton said.

Schoomaker directed the G-1 to make some other policy revisions and determine how they in combination with Force Stabilization impact the problem before making any further force structure changes.

Schoomaker also directed the Army National Guard and Army Reserve to establish personnel accounts for their soldiers who are non-deployable due to attendance at training or schools. Today in the AC there are 482,400 soldiers author-

The Army National Guard will reduce unit structure from 388,000 to around 342,000 spaces while maintaining all of the 350,000 people they are authorized today. Likewise the Army Reserve will only have about 185,000 spaces for the 205,000 authorizations they are allowed, Hilton said. He said the same number of people spread across fewer units will improve manning and personnel readiness.

One of the significant problems Forces Command has faced in ongoing operations, Hilton said, is the need to reach into two or three units for Soldiers in order to get one unit deployed. On paper, Hilton said, the Army has enough units to source requirements, but the reality on the ground is that not all of those units are really available.

There are bill payers for both the stand up of new force structure units and for 100-percent manning with 100-percent deployable Soldiers. Eliminating less-used and undermanned force structure will allow the Army to resource units that are in high demand, officials said.

Hardest hit will be the Army's field artillery community, which recently lost a brigade's worth of National Guard artillerymen who are currently being trained to serve as military police officers. The Army plans to disband a significant number of artillery battalions in the active force and the National Guard, Hilton said.

The Army's short-range air defense artillery is another bill payer at the division and below

level. "We are still going to keep some SHORAD capability at the corps level in the AC and actually fill previous shortfalls at echelons above division in the National Guard," Hilton said.

About 4,000 manning slots will come from the recently eliminated 71L, clerk-typist, military occupational specialty.

"Many Reserve and National Guard Soldiers have an affinity for the units they are in or the particular jobs they are doing," Hilton said. "In some cases those Soldiers are in units where their fathers, grandfathers and great grandfathers have served."

Both the Guard and Reserve are taking this into account as they work the details of what kind and where structure will be reduced, Hilton said. In fact, he said the USAR and ARNG are working cooperatively to mitigate inactivations of the same types of units in the same geographic area.

While some have already started, most of the rebalance efforts will occur between 2005 and 2007.

"AC/RC Balance is about building a campaign-quality Army capable of rapidly responding to combatant commander requirements while maintaining the depth necessary to defend the homeland while performing an array of stability and support operations," Hilton said.

(Editor's note: This is the sixth in a series of articles on the Army's 17 immediate focus areas.)

2004 POW/MIA poster en route to troops, families, vets

Rudi Williams
American Forces Press Service

"As the poster is unveiled, you will see the flag of freedom — the American flag — flying proudly. Its presence underscores our commitment, our pledge — our solemn pledge — to account for our missing wherever it takes us."

That's what Jerry D. Jennings, deputy assistant secretary of defense for prisoner of war and missing personnel affairs, told the audience during the June 24 unveiling of the 2004 National POW/MIA Recognition Day poster. The ceremony was held during the annual government briefing to families of service members missing in Southeast Asia, at the Crystal City Hilton Hotel in Arlington, Va.

In describing the poster's design, Jennings said, "You will see our fellow servicemen, once held in captivity, now awaiting their freedom."

"You will see a stark silhouette of men at war today ... atop a tank, with the somber black POW/MIA flag fluttering from the antenna," Jennings continued. "This flag reminds us all of the nation's promise to warriors past and present: We will bring you home."

"In the faces of the POWs we see the pain of uncertainty, yet defiance," Jennings noted. "Many seem to be asking, 'When are you coming?' (This is) symbolic of the more than 88,000 who remain unaccounted for from all conflicts."

The images span the

decades, Jennings said. "They span the conflicts in which dedicated Americans have gone into harm's way. They speak of today's warrior on today's battlefields. They are drawn together, though, in these stark images."

He said the words "Wherever it takes us; however long it takes; whatever the cost" are a "solemn pledge."

Larry Greer, spokesman for the POW/Missing Personnel Office, said his organization has already started to receive requests for the poster. However, he added, veteran's organizations and military units are getting automatic distribution of the poster, as they do each year.

If organizations don't get enough posters through nor-

mal channels, they can request additional copies through Greer's office, he said. The poster also can be downloaded from the office's Web site, http://www.defenselink.mil/new5/Jul2004/n07142004_2004071401.html.

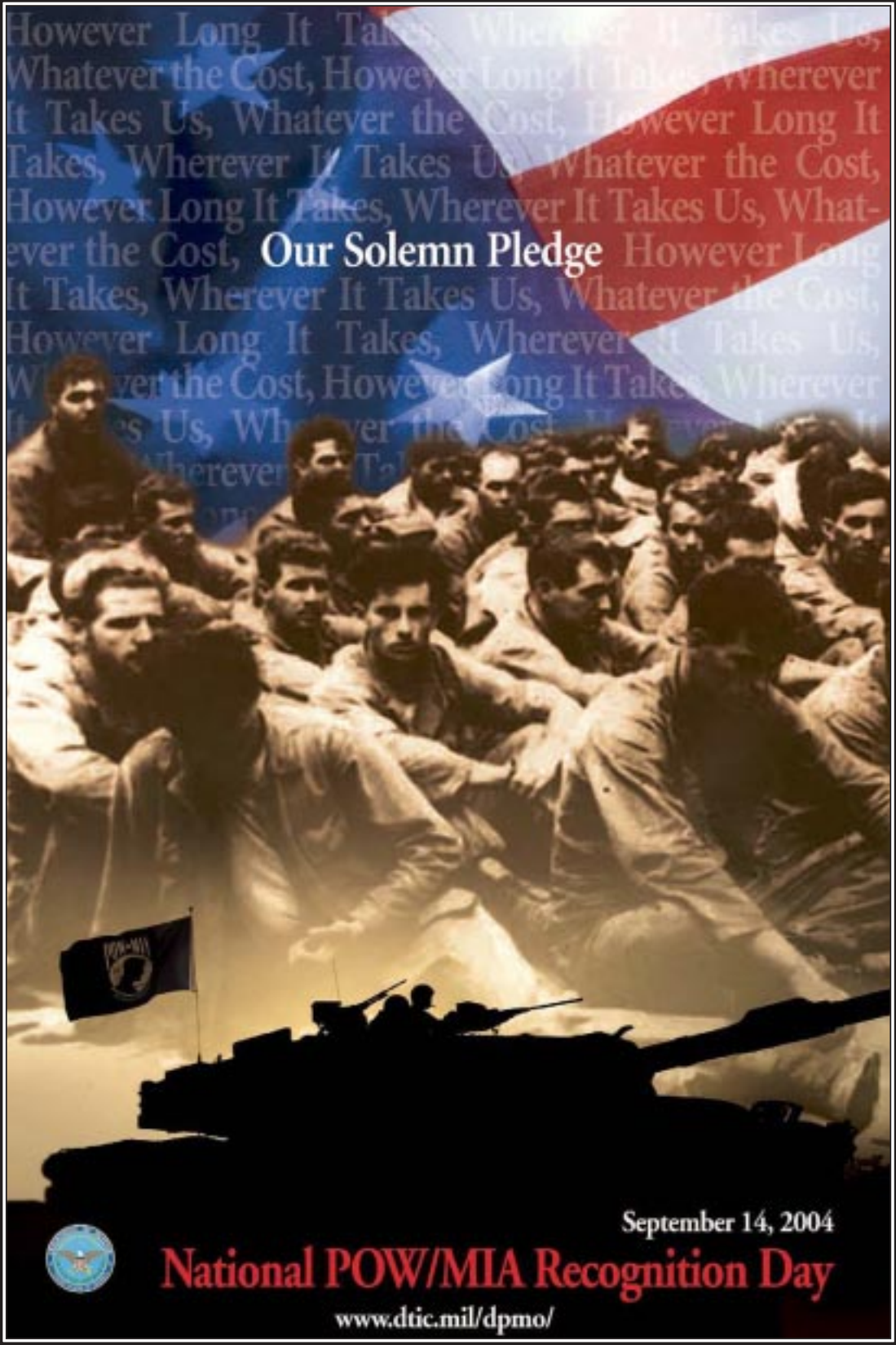
Greer noted that 142,000 posters were printed this year.

POW/MIA Recognition Day is set aside to honor the commitment and the sacrifices made by prisoners of war and

those who are still missing in action, as well as their families.

The recognition day is one of six days out of the year that Congress has mandated flying the black POW/MIA flag over federal facilities and cemeteries, post offices and military installations. The other days are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day.

By custom, POW/MIA Recognition Day usually is observed in Pentagon ceremonies on the third Friday in September. However, it has been moved in the past to avoid conflicts with religious observances. Consequently, this year's ceremony will be observed on a Tuesday, Sept. 14, out of respect for the Jewish holiday of Rosh Hashanah.



APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: AMSSB-GIM-P, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

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For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, AMSSB-GIM-P, APG, MD 21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@usag.apg.army.mil. Deadline for copy is Thursday at noon for the following Thursday's paper.

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Post SHORTS

known as the APG Advisory Center. With the realignment of the APG CPAC from the Garrison, APG to the U.S. Army Civilian Human Resource Agency, Northeast Region, the name has changed to reflect the new chain of command.

The new address is Department of the Army, Office of the Deputy Chief of Staff for Personnel, G-1, USACHRA, Northeast Region, APG Advisory Center, ATTN: PECP-NER-G, 2201 Aberdeen Boulevard, Aberdeen Proving Ground, MD 21005-5001.

For more information, call 410-278-1404.

Chapel holds gospel celebration

A gospel celebration themed, “Shake the Foundation with Praise,” will be held 4 p.m., Aug. 8 at the APG chapel.

For more information, call the chapel at 410-278-4333.

Tennis courts closed for repairs

Plumb Point tennis courts are closed for repairs and will reopen as soon as possible.

ACS offers parent exchange for EFM

Army Community Service will present a Parent Information Exchange, a support group for exceptional family members, 6 to 7:30 p.m., Aug. 10, building 2754.

The meeting will address the needs, concerns and upcoming events of military families enrolled in the Exceptional Family Member Program.

PIE offers parents the opportunity to meet other family members with special needs.

Light refreshments will be served. Free childcare will be provided.

For more information or to register to attend PIE, call Reeshemah Bugg, EFMP coordinator, 410-278-2420.

Military Christian Center schedules trips for Soldiers

The Military Christian Center, a home away from home for Soldiers, will visit Washington, D.C., Aug. 1. Transportation departs at 6:30 a.m.

All trips request a donation of \$2. To reserve a seat, call 410-272-1144 after 8 p.m. on Friday evenings.

The center is open Friday evening through Sunday at 16 North Philadelphia Blvd., Aberdeen.

Free home-cooked meals and facilities are available.

The center will provide transportation via a phone call.

CWF offers discounted BJ's membership

Members of the APG community, including civilian employees, contractors, military, retirees and their families, are entitled to sign-up for a discounted membership to BJ's Wholesale Club.

The \$25 fee buys a 15-month membership for two people.

If currently a member, the 15 months will begin as soon as the current membership expires.

To sign up, visit building 2752 upstairs in the Aberdeen Area 9 a.m. to noon, Aug. 4 or 11. Do not go to the BJ's Wholesale Club store to sign-up for this offer. The Civilian Welfare Fund group representative must process the paperwork.

For more information, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

Spend the day or weekend in New York City

The Civilian Welfare Fund is sponsoring a trip to see the “Radio City Music Hall Christmas Show” on

Broadway, in New York City. Choose to spend either the day or the weekend.

The weekend trip costs \$499 for a single, \$325 double, \$275 triple, and \$225 with four people in the room. The bus will depart 9:30 a.m., Nov. 26.

The daytrip costs \$115 per person. The bus will depart 6 a.m., Nov. 27.

Price includes charter bus transportation, the ticket for the show and hotel accommodations, with time before the show for shopping and lunch.

For more information or to make reservations, call Angela Keithley or Jacqueline McKeever at 410-278-4603/4771.

Information Forum for newcomers

The Aberdeen Proving Ground Community Information Forum will be held at the Aberdeen Area Recreation Center, building 3326, 1 to 3 p.m., Aug. 11.

All military and civilian personnel, retirees and their family members are invited to attend.

More than 60 representatives from support agencies/organizations will be present to discuss the latest information on their activities.

Giveaways will be available and door prizes awarded.

For more information, call Godofredo Posadas, relocation readiness program manager, Army Community Service, 278-2453/7474.

AA Thrift Shop offers bargains

The Thrift Shop sales hours are Wednesday, 11 a.m. to 6 p.m.; Thursday, 10 a.m. to 2 p.m. and the first Saturday of the month, 10 a.m. to 1 p.m.

Consignment hours are Wednesday, 11 a.m. to 1 p.m. and 4:30 to 5:30 p.m. and Thursday, 10 a.m. to 1 p.m.

For more information, call 410-272-8572.

EA Badge Office hour changes

The Edgewood Area Badge/ID Office, building E-4420, room 109, will return to full-time services starting Aug. 2.

Hours of operation for the Edgewood Area office will be 8 a.m. to noon and 12:30 to 4 p.m., Monday thru Thursday, and 8 a.m. to noon and 12:30 to 3 p.m. on non-RDO Friday. On RDO Friday (payday Friday), the office will be closed.

Saturday eve mass discontinues

The 5 p.m. Saturday evening mass will be discontinued beginning Aug 31.

The Sunday 8:45 a.m. mass at the Aberdeen Area Chapel and the 10:45 a.m. mass at the Edgewood Area Chapel will

not be affected.

For more information, call 410-278-4333.

Weight Watchers holds lunchtime meetings at APG

Lunchtime Weight Watchers meetings are continuing on post with the newest program from Weight Watchers - FlexPoints. FlexPoints makes losing weight in the real world easier.

Take advantage of group support where it's convenient at APG. Lunchtime Weight Watchers meetings are open to all APG civilian personnel, retirees, military personnel and family members.

For more information about the Weight Watchers' program at APG, call 410-278-1151.

USO offers free Orioles tickets

Free Orioles tickets are available to active duty service members and their family members for Boston Red Sox games, Oct. , through 3, with game start times of 7:35, 4:35 and 1:35 p.m., respectively.

First-come, first-served tickets must be picked up at the USO in the Community Activities Center, building 405 at Fort Myer, Va., Monday through Friday 10 a.m. to 5 p.m.

Tickets cannot be reserved by phone or e-mail.

For more information, call

Girls can Race II

Vince Freeo
AEC (Booz Allen Hamilton)

Background image: Guyer takes to the track at Frank Hawley's Drag Racing School in Florida.

Kia Guyer's team took first place at the Junior Drag Racing League National Championships at Indianapolis Raceway Park in 1998.

A 10-year-old Kia Guyer poses with her first dragster.

Guyer warms up her new dragster, Little Kahuna II, before a run at Cecil County Dragway.

Photos courtesy of KIM GUYER • Illustration by BLAKE VOSHELL

Kia Guyer has come a long way since running over her dad's foot at age 10. Now 20 years old and an intern at the U.S. Army Center for Health Promotion and Preventive Medicine, Guyer reached a high point when she qualified to drive Super Competition (Super Comp) dragsters in December of last year. Her mother, Kim, a paralegal at the U.S. Army Environmental Center, beams when she speaks of her daughter.

"Kia's Super Comp license is a significant milestone," she said. "It means she's officially a professional drag racer."

Requirements for the license include a blindfolded cockpit familiarization test, six successful track runs and a physical.

To fine-tune her racing skills, Guyer attended Frank Hawley's Drag Racing School in West Palm Beach, Fla. She said the two-day experience immersed her in the psychological aspects of competition.

"I learned how to be calmer," Guyer said. "I also learned to clear my mind whenever I'm ready to race and not think of anything else except for getting a good reaction time and going down the track straight."

When she's not taking business information systems classes at Villa Julie College, Guyer burns rubber on drag racing tracks across America. Most Sundays she is at the Cecil County Dragway honing her racing skills.

Guyer's practices focus on better understanding her new car in the hopes of winning a few races on the Super Comp circuit on behalf of her sponsor, Freysinger Pontiac in Mechanicsburg, Pa.

Guyer comes from a family of car and racing enthusiasts. Her father, Gary, has always enjoyed working on cars. He introduced her to the sport of drag racing 15 years ago. Her first car, named "Little Kahuna," was a 16-foot Junior Dragster with an engine, based on a five-horsepower block, capable of reaching speeds of 75 mph in 1/8 of a mile. Her second and current car, "Little Kahuna II," is a 23-foot Ed Quay Dragster with a 355 cubic inch small block Chevrolet engine, capable of reaching speeds of over 150 mph.

"Racing has been a very positive experience," said Guyer. "I have been able to travel, meet lots of people, and in general become a more confident person. The best part of it is that I get to spend quality time with my parents and prove to guys that girls can race too."

Community Notes

**SATURDAY
AUGUST 7
MOTOWN REVUE**

Charlton-Miller VFW Post 6054 will hold a Motown Revue 9 p.m. to 2 a.m., at American Legion Post #17, located at 415 Edgewood Road, Edgewood, with a tribute to the Temptations, Four Tops, Smokey Robinson, Mavalettes and more.

The Spindals and The Fabulous Friends will be featured entertainers. Tickets cost \$20 in advance and \$25 at the door.

For more information or to

purchase tickets, call VFW Post 6054 at 410-688-3188 or 410-272-3444.

**MONDAY
AUGUST 16
PINK RIBBON CLASSIC GOLF TOURNAMENT**

Upper Chesapeake Medical Center and The Harry and Jeanette Weinberg Cancer Institute at Franklin Square will sponsor the American Cancer Society Pink Ribbon Classic Golf Tournament at Winters Run Golf Club with a 9 a.m. shotgun start.

The cost to play is \$150 per

person or \$500 for a four-some. Each player will receive free breakfast and a buffet lunch.

For more information or to participate, call Todd Sullivan at the American Cancer Society at 410-933-5142, or e-mail todd.sullivan@cancer.org.

**SATURDAY
AUGUST 21
30 AND OVER NIGHT**

Charlton-Miller VFW Post 6054, located at 206 Spesutia Road, Aberdeen will sponsor a 30 and Over Night, 10 p.m. to 2 a.m.

Donation is \$5.

For more information, call 410-272-3444.

**MONDAY
SEPTEMBER 13
BOATER SAFETY COURSE**

The Bush River Power Squadron will conduct an 8-week boater safety course, 7:30 to 9:30 p.m., at Box Hill Community Center, 2920 Strathaven Lane, Abingdon. Class size is limited.

To register or for more information, call 410-515-0195.

MOVIES

**ADMISSION: ADULTS \$3, CHILDREN \$1.50 – Building 3245 Aberdeen Boulevard
To verify listing, call 410-272-7520.**

DODGEBALL: A TRUE UNDERDOG STORY

FRIDAY, JULY 30, 7 P.M.

SATURDAY, JULY 31, 9 P.M.

Starring: Ben Stiller, Vince Vaughn



When corporate workout center Globo Gym moves to town, locally owned fit-

ness center Average Joe's loses business that its manager can't make the mortgage payment. Faced with going under, the crew from Joe's enters a high stakes dodgeball tournament in order to save their cherished local gym. (Rated PG-13)

TWO BROTHERS (FREE ADMISSION)

SATURDAY, JULY 31, 7 P.M.

Starring: Guy Pearce, Jean Claude Dreyfus

Twin tigers, one bold and one shy, are born in a city of ruins in French Indochina and are soon

captured. The bold brother is forced to become a circus performer, while the shy sibling becomes the companion of a governor's son. But an accident leads the governor to sell the tiger to an adventurer and they find themselves reunited but as forced enemies, paired against each other in a fighting match. PG (mild violence)



Host families needed

Ripken Stadium hosts Cal Ripken World Series

APG News

Host families are needed for two children each representing Canada, Australia, South Korea, Mexico, the Dominican Republic and the United States competing in the Cal Ripken World Series Aug. 10 through 22.

Volunteer parents will be required to provide a bed for the children (two from the same country), and carpool them to every game or arrange transportation with another host family.

The family will receive a gift certificate from Klein's Supermarket and free attendance to the games, plus other gratuities.

To volunteer as a host family, call Lindsay Thomas, 410-823-0808 or e-mail Lindsay@ripkenfoundation.org.



Youth fall gymnastics registration

Registration begins Aug. 2 for all ages for 10-week sessions and will continue until the classes are full. Classes begin Sept. 18.

Cost is \$40 per youth, and youth must be a Child and Youth Services member.

To register, call Christina Keithley, 410-278-7571 or e-mail Christina.keithley@usag.apg.army.mil.

Aberdeen Area schedule

Ages 2 1/2 thru 4, 9 to 10 a.m.

Ages 5 thru 7, 10 to 11 a.m.

Ages 8 thru 16, 11 to noon

Edgewood Area schedule

Ages 2 1/2 thru 5, 1 to 2 p.m.

Ages 6 and up, 2 to 3 p.m.



Morale, Welfare & Recreation

Activities

Methods of registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting MWR Registration, building 3326, or visiting online at www.apgmwr.com.

Refunding Shirley Caesar concert tickets

Refunds for the Shirley

Caesar Concert will be given at MWR Registration and Ticketing Office, building 3326 in the Aberdeen Area. The receipt or ticket must be presented in order to receive a refund. All requests must be in by Sept. 30, 2004.

For more information, call 410-278-4907/4011.

APG wrestling blowout

A Wrestling Tournament will take place 1 p.m., Aug. 14 at the Aberdeen Area Recreation Center. The tournament is a take-down double-elimination tournament (three-minute matches or the best two out of three take-downs). Trophies will be awarded for first, second, third and fourth place in each division.

Registration is limited. Cost of registration is \$20; price of admission is \$2.

For more information or to register by Aug. 11, call 410-278-4907/4011.

The one that didn't get away

Community Recreation Division will hold a Summer Fishing Tournament, 8 a.m. to 5 p.m., Aug. 15 at the Edgewood Area boat ramp and dock area.

Active duty military entry fees cost \$5, and civilians cost \$10.

The tournament winners receive cash prizes, determined by the weight of the fish.

Contestants must provide their own fishing equipment and bait. Tournament rules and state fishing laws will be enforced. A fishing license is not required.

For more information or to register by Aug. 12, call 410-278-4907/4011.

Collect Striker toys

Through Aug. 31, the APG Bowling Center will be offering Bowling for Bucks, the popular series that allows customers to purchase bowling bucks to buy prizes at the auction party at the end of the 2-month promotion.

Collect Bowling Bucks to purchase one of three 9-inch Striker toys, adorable plush

collectibles, available with every purchase of \$5 or more.

In addition to food and beverage specials, music, free or discounted bowling and other specials, customers can bid on a 36" Striker doll, a 7-day vacation package from www.GovArm.com and Trading Places, Harley-Davidson shirts, coolers, any remaining 9-inch Striker toys, bowling parties and more.

For more information, visit the APG Bowling Center; call 410-278-4041; or visit the MWR Web site, www.apgmwr.com.

Volunteers needed

Edgewood Arts and Crafts is looking for volunteers to help during the summer months, 1 to 9 p.m., Thursday and 5 to 9 p.m., Friday and Saturday.

To sign up or for more information, call Holly Shisler at 410-436-2153.

Fitness and fun with badminton

Experience the fun and fitness benefits of playing badminton. Basic rules and strategies will be taught. No skill level required for this experience. Open to all ages. Class will be held 5 to 6 p.m., Aug. 4 thru 18, at Russell Gym. Cost is \$15. Register by Aug. 2.

Rugby fundamentals

Learn the basic rules, skills and strategies of Rugby, 10 a.m., Aug. 7 thru 21, on Shine Sports Field. Practice routines, which will enable the student to master and execute the necessary moves. Plans will be covered in detail. Each session will be divided into building blocks of instruction so that at the conclusion of the classes the pupil will be familiar with all aspects of the sport. Cost is \$35. Register by Aug. 4.

Weight training and conditioning

These classes are designed to improve strength, flexibility and endurance. Instruction will cover hands-on specific exercises and techniques that will help make the body stronger, and more fit and flex-

ible. Learn how to make assessments to determine the type of program best suited to a personal goal. Classes will be held 6:30 to 7:30 p.m., Aug. 9 thru 30, at the APG Athletic Center. Register by Aug. 4. Cost is \$30.

Introduction to sailing

Not only will students get the fundamental and skills of sailing but the classes will prepare students to maneuver in different types of weather and sailing situations. Classes will be held at the AA Boat Docks, 6:30 through 8:30 p.m., Aug. 6 thru 27. All equipment will be provided. Cost is \$100. Register by Aug. 4.

Fundamentals of drawing/painting

This class will be held 6:30 to 7:30 p.m., Tuesday and Thursday, Aug. 10 thru 25 at the AA Recreation Center. Learn basic drawing techniques while creating landscapes, still lifes and portraits. Students get to choose their medium, either water color or oil painting. Register by Aug. 6. Cost is \$40.

Fly fishing techniques

Learn about equipment selection, knots, fly selection, and proper casts for any given situation. The basic cast, roll cast, reach cast, shooting line, single and double hauls, line control and more will be presented. The class will be held 5 to 6 p.m., Aug. 5 thru Sept. 9 at the AA Boat Dock. Cost is \$30. Register by Aug. 2.

Ray Caralle Jr. Memorial Junior Golf tournament

Tournament will be held at Exton Golf Course Aug. 16. Start time for youth ages 7 through 11 is 10 a.m. and ages 12 through 17 is noon. Cost is \$10 and \$15, respectively, and includes tournament fee, prizes and lunch.

To register, call 410-436-2213/2233, or visit Exton Golf Course.

Teen Driver Education

Teen Driver Education registration is now being taken for the Aug. 9 through 20, and Aug. 23 through Sept. 3 sessions.

Class fee is \$285 per student plus a \$15 registration/membership fee for teens of APG military and civilian personnel. Sponsored students pay \$5 more. All classes are conducted in building 2752, 5:30 to 8:45 p.m., Monday through Friday.

Students should bring notebook and pen/pencil. Bring a snack and drink for weekday classes. All rules and procedures will be thoroughly explained by the driving instructor. Parent orientation will be conducted during the first class of each session. Parents should make sure students are on time and picked up in a timely manner.

To make an appointment to register, call Christina Keithley at Outreach Services - Central Registration, building 2752, or call 410-278-7571.

For more information about the Teen Driver Education Program, call Rules Driving School, Inc., at 410-939-7008 or 410-937-2184, or call Ivan Mehosky at 410-278-2857.

LIBRARY BOOK CORNER

Operating hours of the Aberdeen Area Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday, Wednesday and Thursday. The Edgewood Area Library is open 11:30 a.m. to 6:30 p.m., Tuesday.

For more information, call 410-436-3589.

The following is a list of some new books available at the APG MWR libraries:

The Pentagon's New Map: war and peace in the twenty-first century by Thomas Barnett.

The terrorist attacks of Sept. 11, 2001, Barnett argues, revealed the gap between an outdated Cold War-era military and a radically different one needed to deal with emerging threats.

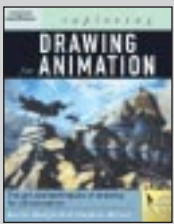
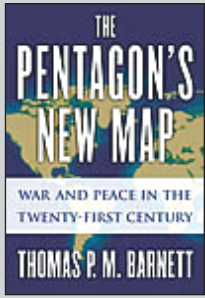
Changing Minds: the art and science of changing our own and other people's minds by Howard Gardner

How to Cook: an easy and imaginative guide for the beginner by Raymond Sokolov

Exploring Drawing for Animation by Kevin Hedgpeth

Thunder Run: the armored strike to capture Baghdad by David Zucchini

The library's Web site, www.apgmwr.com/recreation/libraries.html, provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.



Visit
APG News
online at
**www.apgnews.
apg.army.mil**

The bugs, bites and stings of summer

DSHE

Insect bites and stings are as much a part of summer as barbecues and ballgames. Of the three fourths of the world’s population of insects, the majority of them are harmless, but some of them cause a lot of pain, itching and diseases. Summer is the time when insects become a part of everyday life.

Most bites are a nuisance, producing a brief itch and very little itch. If the insect happens to be a mosquito and carrying an encephalitis virus or tick carrying critter that causes Lyme disease, it can develop into a major bite. Some bites cause considerable pain and swelling and others can trigger life threatening allergic reactions in sensitive individuals. If the person receives enough venom, a major toxic reaction could occur.

Some of the common health related insects causing problems at Aberdeen Proving Ground, include bees, wasps, yellow jackets, hornets, ticks, mosquitos and

responsible for most of the insect related deaths in the United States. This is because some people are allergic to Hymenoptera venom.

Yellow jackets are the most aggressive; they nest in the ground and tend to set up home in areas of human activity. Hornets and wasps nest off the ground, often away from people. Most honeybees are actually quite docile unless provoked and disturbed.

The general precaution is to stay away from their nests and to protect the body. Insect repellent protects the body.

Avoid wearing brightly colored garments, floral patterns, and sweet scents that attract these bugs. If stung by a bee, try to remove the stinger immediately by scraping it away with a sharp-edged object, and treat the area with an ice pack to relieve the pain.

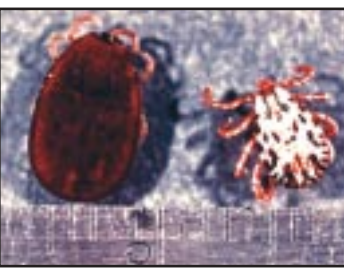
Aside from pain, most of these stings are harmless, but people who have allergies can develop serious reactions. A physician should be consulted.



spiders.
Bees, wasps, yellow jackets, hornets

Only the female member of these closely related species have stingers.

According to investigations, these insects are



Ticks

This insect is harmless unless carrying an infectious agent, like Lyme disease. Maryland is one of the few states where ticks carry lyme disease. There are other tick-borne infections that follow similar patterns.

Ticks like long grass and wooded areas. If in a wooded area between April and October, be sure to take the precautions to protect against all bites, by using repellents, and wearing long sleeves and pants. Avoid wearing shorts.

North Kings Creek Road closing for 30 days

DIO

As work continues on the Edgewood Area Steam Modifications project, North Kings Creek Road between the entrances to E-3081 and the E-3150 parking areas will be closed on or about Aug. 2 for approximately one month.

Construction of a temporary bypass roadway began the week of July 26 and should be complete and open for traffic about Aug. 2. While construction of the bypass is underway, the contractor will also be working on the southeast side of the North Kings Creek Road to excavate for a steam man-hole. This will mean that large excavators and dump trucks will be working in and near the roadway and the E-3150 parking lot.

When the bypass is ready, the E-3150 parking area across

North Kings Creek Road will be closed and traffic will be routed over the bypass, through that lot and back onto the road. Signs and barricades will be positioned for traffic control.

The closure will also affect E-3160 and all other functions serviced by North Kings Creek Road.

Motorists are requested to reduce speed, use caution and obey all traffic controls. Pedestrians are likewise requested to use caution, avoid the areas of construction and obey warnings and closures.

This work is part of the Steam Line Modification construction by the John C. Grimberg Company for the Baltimore District, Corps of Engineers.

For more information, call Jerry Norris, Directorate of Installation Operations, 410-306-1159.

Pet of the Week



Photo by MEGHAN BOWEN

Call Codie your ‘brown-eyed boy’...

Codie is an 18-month-old male Chow-Shepherd mix, with sienna and chocolate brown coloring and white chest markings. This ‘brown-eyed boy’ has received all his shots and is ready to warm up a home with his “sweet and playful manner,” said Dodie McMillan, civilian veterinary technician.

To adopt Codie and other orphaned dogs and cats, visit the Aberdeen Proving Ground Veterinary Treatment Facility, building 2479 on Oakington Street across from Kirk U.S. Army Health Clinic, 7:30 a.m. and 3:30 p.m., Monday through Friday or call 410-278-3911.

Since tick bites are usually painless, detection can be accomplished by using the buddy system to inspect each other.

It takes approximately 9 to 10 hours to transmit lyme disease, so to prevent infection remove the tick promptly with tweezers very efficiently, avoiding breaking the mouth parts in the skin. After removal, wash the area bitten with soapy water.

Mosquitoes

Mosquitoes are everywhere and also can carry worrisome infections, like Encephalitis viruses, such as the West Nile virus. This virus can crop up in different locations in the country. Most of the time, the health department will issue an alert if one of them has appeared in the area.

According to the Center for Disease Control, less than one percent of mosquitoes carry WNV, and while most infected people experience mild flu-like symptoms for a few days before recovering, in a small number of cases, particularly among the elderly, WNV may lead to encephalitis, an inflammation of the brain which can cause death.

Control and tracking of WNV

Mosquitoes like stagnant water, and they like to bite. It’s always a good idea to eliminate standing water or treat the standing water with larvicides.

Widespread spraying or fogging is not necessary unless encephalitis is a known threat in the community.

Abdul Sheikh, garrison entomologist, said installation personnel control the mosquito to population while protecting Soldiers, residents and employees of APG by using Mosquito Dunks, biological pesticides and Altosid XR briquets (IGR) that are considered non-toxic to humans and pets.

“They are used to destroy mosquito larvae and breeding sites in the housing, field training sites and recovery areas,” Sheikh said. “The larvicide has been added to remote marshes and swamps of APG to destroy mosquito-breeding areas in the standing waters of those areas, and periodically, when Soldiers are not present, field-training areas with high mosquito populations are fogged.”

At APG the U.S. Army Center for Health Promotion and Preventive Medicine and personnel from Kirk U.S. Army Health Clinic Preventive Medicine have placed light traps for mosquito population surveys throughout the Edgewood and Aberdeen areas, paying close attention to housing areas.

“Once a trap reflects a sufficient rise in number, fogging will be scheduled for the housing areas. Residents will receive advance notice so residents and pets can be indoors and limit their exposure to the chemical, and park their vehicle away from the fogging route when the fogging truck drives through the area,” he said. “Absolutely under no circumstances should anyone follow the fogger,” he said.

The fogging for the Aberdeen Area begins at 6 p.m., Tuesday, and in the Edgewood Area, 6 p.m., Thursday. Fogging will not be done in rain or high winds, and swimming pool areas will not be fogged.

The operation will continue depending on the mosquito counts.

“This year we used Insects Growth Regulator and bacterial larvicide’s all over the standing water,” Sheikh said. “The IGR and BT control the mosquitoes in their larval stages. It looks like the larvicide’s worked because the adult mosquito population is too low.”

Birds infected with the virus die after a few days, so

the spread of WNV is tracked through testing dead birds displaying no obvious sign of death due to trauma.

Residents and workers on the installation can help entomologists keep tabs on the spread of WNV by reporting the location of dead birds with no obvious sign of death due to trauma to pest control at 410-278-3303. Note that this is the reporting number for those on Edgewood and Aberdeen areas of the installation. Do not touch the bird;



trained personnel will pick it up for testing.

Spiders

Although all species of North American spiders that bite people have venom, only two are highly toxic, the black widow and brown recluse.

Only the female black widow is large enough to be dangerous. It has a small, head a shiny round abdomen, an orange convex glass shape on its body and long spindly legs. Despite its name, the black widow may be brown or tan.

Its web is course and irregular and often turns up in garages, basements or wood-piles.

A black widow bite is sharp but only mildly painful. The trouble begins 30 minutes to 12 hours later, with severe muscle cramps that are usually most intense in the abdomen, thighs and back. Large doses of venom also produce widespread swelling, hard breathing and convulsions.

Urgent medical treatment is critical. Fortunately, nearly all victims recover fully. Anti

venom is available but is rarely used.

The brown recluse spider is also well named; the insect is secretive and may even take refuge in clothing that is piled on the floor. Because its appearance is not distinctive, it is often mistaken for other spiders and is ignored.

A brown recluse bite produces little or no pain. In just a few hours, though, the site becomes red and swollen, often with blisters. In a day or two, the area may enlarge and turn black. A few victims develop general reactions that may be severe, but most recover slowly with local wound care.

Anti venom is available, but it is not helpful if it’s used more than 24 hours after the bite. If the bite becomes infected, antibiotics are necessary. Consult a physician.

Don’t let the bugs bite

“Although most bites are mild and harmless, try to avoid bugs as much as possible,” Sheikh said.

Clean out spider webs and egg masses, and stay away from spiders that are crawling near you. When in a likely infested tick areas, wear shoes, long sleeves and pants; button cuffs and tuck pant legs into socks. Light and colored garments offer the best chance at spotting a tick on a person. Avoid bright colors, floral patterns, and sweet scents that attract bees. Stay behind screens when the mosquito population is in abundance.

Use insect repellents. Products containing DEET are best for mosquitoes, ticks, flies and fleas. Preparations with 10 to 30 percent DEET are safe and effective for adults. Protection lasts for several hours,

For extra protection against ticks, spray permethrin on clothing; a single application will last for up to a week.

The APG Forum

Commentary: Stewardship: Where your heart is...there will be your treasure



Chaplain (Maj.) Joseph L. Di Gregorio
USAGAPG

This is a story that goes back to the 1930s. A man came into the pastor’s study one morning and said, “Father, can I have an hour of your time?”

I imagine when you are the pastor of one of the wealthiest men in the world you do not have much trouble finding an hour of your time.

But as they sat there, the man leaned forward and said, “I want you to listen to me very carefully because I have something to say and I want to be understood. I want you to

know that there is an essential and abiding tragedy at the heart of my life.”

The pastor said his heart simply went down. This man had done so much for so many and given away millions and endowed all kinds of worthwhile ventures; and wondered to himself what kind of thing is he going to confess to me that I am going to have to live with, when I have had so much confidence in him?

The man said, “Yes, the great and abiding tragedy at the heart of my life is that I have no capacity to give. I cannot give anything.”

The pastor replied, “What do you mean, you cannot give anything? You’ve endowed hospitals, crippled children’s centers, you have given millions away for all kinds of great and good work, including the whole program of the church at home and overseas and in social enterprise and

service.”

To which the man responded, “I didn’t think you would understand. Don’t you realize that after I have done all these things, after I have given all this money, that I am not giving anything. I still have everything that I could possibly want or need left and I cannot get rid of it. It goes on and it has to go on because while I give a lot of it away, the rest of it is used to keep people in employment, to keep industry going, to keep mines open, to keep newspapers being printed and these people are there and I cannot get out. I cannot throw it aside. I still have the responsibly of it and the abiding tragedy at the heart of my life is that I cannot give anything.”

The pastor said, “Quite frankly, I do not understand the depth of the problem.”

The man said, “I didn’t really think you would but let

me tell you something. It is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of heaven.”

Now, of course, if you go with that passage of scripture, it eventually comes to the place where it says, “with man some things are impossible but with God all things are possible,” even the rescuing of a rich man.

We are the rich man.

But that is an astonishing insight, that it is difficult and requires divine grace to be able to love and have so much.

We are the first class passengers on the spaceship earth, we are the rich man, and it may be that there is an abiding tragedy at the heart of our life, unless by some divine grace we become able to love and to give because we love.

God bless you.

LEAVE DONATION

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to

Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency).

Employees leaving the program should call Ronda McKinney, 410-278-8988, or e-mail rondamckinney@usag.apg.army.mil, to complete a termination form.

Employees eligible for donations in the Voluntary Leave Transfer Program

Marian Bellis (fracture of left tibia)
Sarah Blevins
Barbara Boyd (total right joint and hip replacement)
Michael Cain
Melanie Carns
Juanita Carter
Barbara Crossley
Shelia Davison (benign paroxysmal positional

vertigo)
Geraldine Eaton
David Fletcher
John Furmankiewicz
Renee Gaffney
Melanie A. Hoffman (parasinusitis, fibromyalgia condition)
Richard Hoffman
Janice Johnson (diabetic neuropathy)

Beverly King (caring for husband)
Danny Kopp (lung cancer)
William B. McLean (kidney failure)
Flora Ramey (Coulson) (chronic obstructive pulmonary disease)
Tess Ramos (lung surgery)
Michael Reynolds
Shannon Richards (materni-

ty leave)
Cheryl L. Roark
Matthew Ryan
Leigh Sanders
Marguerite Soper
Alison Tichenor
Linda Tignor
Charles Young (kidney and pancreas transplant)

Health & Safety

APG enforces motorcycle safety

DSHE

Starting Aug. 1, Aberdeen Proving Ground police at all APG gates will be checking motorcycle riders for proof that they have taken an Army approved Motorcycle Safety Foundation motorcycle safety course.

When entering the installation, the police will require proof that a rider has taken the MSF motorcycle safety course,

be it the Basic Riders Course, the Experienced Riders Course or the course given at APG.

“Riders will need either the wallet card or the certificate for proof of taking any of these safety courses,” said Randy Rexrode, Safety and Occupational Health specialist, Directorate of Safety, Health and Environment.

A card or certificate for a course which is not recognized

as an MSF motorcycle safety course will not be proof to enter the installation and riders will have to take one of the above mentioned courses prior to entering and riding on APG.

“The MP’s and police will direct each motorcycle rider to pull over to an inspection station and the Installation Safety Division will be inspecting riders for the proper personal protective equipment,” Rexrode

said.

Riders must comply with the DoDI 6055.4 and AR 385-55 by wearing an approved Department of Transportation helmet, full fingered gloves, (any material), long pants, long sleeve shirt or jacket, leather boots or shoes over the ankle and safety eye protection such as safety glasses, goggles or face shield attached to the helmet even if the motorcycle has

a windscreen. Riders will wear brightly colored clothing during the day, (dawn to dusk) and reflective garments at night, (dusk to dawn) such as vests, running belts over the shoulder, reflective arm bands, anything reflective, etc.

“Should a rider not have the proper riding clothing on, they will be turned around by the MP’s or police and not be allowed to enter the installa-

tion,” Rexrode said.

People who ride motorcycles that have three wheels, (a trike) or have a side car attached to the motorcycle do not have to take the course but are still required to wear the proper riding clothing as someone riding a two-wheeled motorcycle. “There will be no waivers issued to riders for the above course and clothing requirements,” Rexrode said.



Chief Warrant Officer 4 Joseph Zielinski from the Ordnance Mechanical Maintenance School models what Soldiers in BDU’s should wear as proper protective equipment.



Photos by RALPH BROTH

Zielinski models what PPE civilians should wear.

TRICARE SMART site improves

TMA

TRICARE Management Activity announced a new and improved “TRICARE Smart” Web site July 20 to provide TRICARE beneficiaries, customer service representatives and other users of the site faster and easier access to the collection of up-to-date TRICARE marketing and educational materials available on the TRICARE Web site.

“As part of the transition of

TRICARE from 12 to three regions-North, South and West-TRICARE Smart site has been completely redesigned with the needs of TRICARE users in mind,” said S. Dian Lawhon, TMA deputy chief for Communications and Customer Service.

TRICARE Smart users may view, print, e-mail and download copies of all available TRICARE brochures, booklets, handbooks and other marketing and educational

products. Another enhancement allows users to subscribe and receive e-mail alerts whenever TRICARE products are changed or updated with new information.

Persons from organizations that need to replenish their supply of printed TRICARE materials may order from the TRICARE Smart site from a selection of the most frequently requested marketing and educational materials.

A representative of the

organization must register their location with the site before materials may be ordered.

Registration for the TRICARE Smart site is limited to one person per organization and may be made online at www.tricare.osd.mil/tricaresmart/orders.

Once registered, a representative from TRICARE will contact the organization’s representative to review the TRICARE Smart ordering process

and assess the organization’s current and future material needs.

In the near future, as new materials are developed or reprints of existing marketing and educational materials are made available online, registered subscribers will be able to view and confirm their delivery address and products ordered directly online.

“Our goal for the future is to ensure beneficiaries, customer service representatives

and other users have the ability to ‘get smart’ on TRICARE by having access to these valuable TRICARE-related marketing and educational materials,” Lawhon said.

The new and improved TRICARE Smart site has a variety of TRICARE marketing and educational materials for users of the site to view, print or download available at <http://www.tricare.osd.mil/smart>.

Closed Records Room concept continues at KUSAHC

KUSAHC

In September 2003, the medical records section at Kirk U.S. Army Health Clinic under Department of Defense guidelines began operating under the closed medical records concept.

“This means that patients cannot pick up their medical records,” said Karen Reed, KUSAHC patient administrator. “All medical records will be retrieved by medical record room personnel or clinic staff who will be responsible for its timely return.”

The reason a patient cannot keep their medical records is because in accordance with Army Regulation 40-66, paragraph 1-5, “Army medical records are the property of the government. Therefore, the same controls that apply to other government documents apply to government medical records.”

Other clarifying regulatory guidance includes the fact that:

- A medical record serves as an instrument for accurate communication among health-care providers and as a tool in monitoring performance

improvement and risk management.

- It improves accountability for data quality and accreditation surveys conducted by the Joint Commission on Accreditation of Health Care Organizations.

- It ensures the medical readiness of active duty service members.

- Billing of insurance companies and coding of medical records cannot be accomplished unless the medical records are readily available to healthcare providers.

- It ensures the privacy of

patients’ medical information under the Health Insurance Portability and Accountability Act.

When a patient has an appointment at another military treatment facility or a civilian provider and is required to bring all or a portion of their medical record, Reed emphasized the following KUSAHC rules.

Patients will be required to sign a release form. Pertinent information to the patient’s appointment will be extracted from the medical record and copied.

The medical records room needs adequate time to retrieve this information so timely requests will be appreciated.

The patient’s medical record will remain at KUSAHC.

The medical records room will continue to sign out Soldiers undergoing a permanent change of station, ETS and retirements.

Medical records of family members of service members PCSing will be forwarded to the next duty station by certified mail. A copy of orders and a signed release form will be

needed.

If the family member is NOT going with the service member or is not going to be living near a military treatment facility, the family can put in a request for a copy of the medical records, which will be forwarded by certified mail.

Original medical records will be maintained at KUSAHC for a period of three years at which time they are retired to St. Louis for a period of 50 years unless requested by a military treatment facility, she said.

Helping the patient with chronic fatigue syndrome

Lisa Young
CHPPM

Are you too tired to do the things you enjoy? Do you always seem to have a sore throat and a headache? Does your lack of concentration impair your ability to complete tasks?

A study in Occupational and Environmental Medicine reported that approximately 20 percent of the working population report symptoms of fatigue. When are these symptoms the signs of overwork, stress, and ordinary fatigue? When are they symptoms of a condition that dates back to the 19th century and is now recognized as a real illness?

Defining CFS

Chronic fatigue syndrome is an illness of no proven cause, characterized by extreme, disabling fatigue of at least six months, accompanied by several other symptoms. It is unlikely to be caused by a single agent, and findings suggest both physiological and psychological factors that work together to predispose a person to the illness.

The patient often has a feeling of immense tiredness that is overwhelming and is fre-

quently accompanied by significant impairment in learning and memory to the extent that quality of life is affected.

A study in the Journal of Psychosocial Nursing and Mental Health Services described patients as “being held hostage to the illness” since they felt they missed out on so much of life.

Diagnosing CFS

The diagnosis is based on the occurrence of symptoms that result in significant functional impairment.

The Centers for Disease Control and Prevention revised its working case definition of CFS in 1993. The definition now consists of two conditions that must be met for a diagnosis of CFS to be made. The conditions are:

1. Clinically evaluated, unexplained persistent or relapsing chronic fatigue that is of new or definite onset; is not the result of ongoing exertion; is not substantially alleviated by rest; results in substantial reduction of occupational, educational, social, or personal activities compared with previous levels.

2. The concurrent occurrence of four or more of the

following symptoms: substantial impairment in short-term memory or concentration; sore throat; tender lymph nodes; muscle pain; multi-joint pain without swelling or redness; headache of a new type, pattern, or severity; unrefreshing sleep; and post-exertional malaise lasting more than 24 hours. These symptoms must have persisted or recurred during six or more consecutive months of illness and must have predated the fatigue.

Treating CFS

There are few known effective therapies for treating CFS. Treatment is symptom-based and can include pharmacological and behavioral strategies. Treatment should be multidimensional and tailored to the needs of the individual patient.

A review of studies found that mental-health interventions might be helpful.

There is some evidence that cognitive behavioral interventions and behavioral therapy are effective in treating CFS.

Cognitive behavioral therapy addresses the thoughts, feelings, and behavior of the individual with the principle that if one component is altered, the other two will also change.

Graded exercise, the gentle build-up of modest amounts of exercise, has also shown promise as an effective treatment.

Clinicians who explained their symptoms and designed exercise programs for their CFS patients so as to encourage patients to start gradual exercise found that these patients felt better than those that only received standard care. The exercises began with a few stretching exercises, gradually adding more before moving to strengthening exercises.

A study reported in Clinical Psychiatry News in March 2003 stated that some subgroups responded to an antidepressant with improvements in headaches and muscle aches.

Other groups benefited from yoga with a significant improvement in fatigue, and others demonstrated a placebo effect if they believed their fatigue had a psychological component.

Evidence suggests that 65 percent of CFS patients also experience depression.

Psychotropic medication has been given when depression unequivocally accompanies CFS or when severe mus-

cle pain or sleep disturbance is experienced.

However, the evidence that antidepressants improve symptoms in CFS is inconsistent.

Affecting the workplace?

Occupational health concerns arise from the adverse consequences attributed to fatigue in workers. These concerns include bad performance, impaired quality of services, dropout of personnel, accidents, increased risk of depression and absenteeism.

The Agency for Healthcare Research and Quality did a study to evaluate disability in persons with CFS. They found that depression was the only symptom of CFS consistently associated with disability and negative work outcomes. No specific interventions proved effective in restoring the patient’s ability to work, and no specific patient characteristics could predict a positive employment outcome on a patient diagnosed with CFS. The Agency recommended more studies to better evaluate the disability of patients with CFS.

Existing studies on prevalence of the illness suggest that it may be as common as 200 to

400 cases per 100,000 of the general population.

It is more common in women and in people 20 to 40 years old.

A recent study found CFS affected all socioeconomic and ethnic groups.

Health-care providers offering help

Patients need to be diagnosed earlier.

More research on all aspects of CFS is needed.

Health-care professionals of all disciplines need better education and training in CFS.

Patients value a relationship with their health-care provider based on trust and the ability to talk through feelings and to be believed when describing their symptoms.

The nurse can serve as an advocate to provide up-to-date information on how best to cope with symptoms and what services are available to the patient.

Patients severely affected by CFS, so that they are housebound, should have their needs met through appropriate domiciliary services.

Health-care providers need to recognize that they can help CFS patients.

Systems

From front page

Over the life of the FCS program (2025 plus), 15 selected UAs will become FCS Units of Action, Cartwright said. These units will be fielded with all 18 of the Future Combat Systems, he said, and they will have extraordinary capabilities.

The rest of the modular UAs are still slated to receive the network and some of the FCS developments. For instance, the Non-Line of Sight Launch System, or “rockets in a box,” as Yakovac called them, are intended to be fielded widely. This pod of missiles can be aimed and fired from miles away.

The unmanned sensors and robotic vehicles are also intended for wide dissemination, officials said. In fact, they said a small unmanned robotic vehicle is already being used



Photo courtesy of U.S. Army
A small unmanned (manpackable) robot like the one pictured is being used in Iraq and Afghanistan to detect mines and explosives.

today in Iraq and Afghanistan to detect mines.

Part of this week’s FCS announcement included “buying back” five of the Future Combat Systems that had been previously deferred. Added back to the FCS list are:

- Armed Robotic Vehicles (ARV Assault and ARV RSTA [Reconnaissance, Surveillance

and Target Acquisition])

- Recovery and Maintenance Vehicle
- Intelligent Munitions Systems
- Class II Unmanned Air Vehicles (medium size)
- Class IV UAVs (capable of large payloads of both sensors and weapons and able to hover like a helicopter to maneuver up, down and sideways.)

In order to fund the development of the five new systems, the rate of purchase for the eight manned FCS vehicles will be slowed down slightly, officials said. But research and development for all the FCS vehicles will continue on schedule, Yakovac said.

A “demonstration” version of the first manned FCS vehicle, the Non-Line of Sight Cannon, is now being tested at Yuma Proving Ground, Ariz. The NLOS Cannon vehicle has a 155mm weapon and weighs less than 24 tons.

It’s light, but can handle recoil, said Daniel Pierson, who works for the assistant secretary of the Army (Acquisition, Logistics and Technology).

The current NLOS Cannon vehicle runs on rubber tracks, but Yakovac stressed that the decision has not yet been made whether the manned FCS vehicles will be tracked or wheeled.

“We’re looking to combine the best of both (wheeled and tracked capabilities) in these vehicles,” Yakovac said.

Another change announced this week is that all manned vehicles will receive active protective systems. Yakovac said that decision stems from lessons learned in Iraq.

“In a 360-degree fight, everything needs protection,” Yakovac said, even support vehicles.

“A lot of capability can be brought to a vehicle by software,” Yakovac said. For instance, he said the FCS vehicles will have digital command and control, automatic target acquisition, the Joint Tactical Radio System, and the Warfighter Information System - Tactical, known as WIN-T, and more.

Officials plan to field the first FCS vehicles in 2008 and spiral the development to most of the Army by 2025. In the meantime, however, and for years into the future, the M-1 Abrams tank, Bradley Fighting Vehicle and other current weapons systems will remain important, said Lt. Gen. Benjamin S. Griffin, Army deputy chief of staff for Programs, G-8.

Other Future Combat Systems include:

- Infantry Carrier Vehicle
- Command and Control Vehicle
- Mounted Combat System
- Recon and Surveillance Vehicle
- Non-Line of Sight Mortar
- NLOS Cannon
- NLOS Launch System
- Medical Treatment and Evacuation vehicle
- Unattended Ground Sensors
- Class I UAVs (small)
- Class III UAVs (fixed-wing)
- unmanned Countermine MULEs
- unmanned Transport MULEs

When talking about FCS, Yakovac often refers to “18 systems plus one.” The one is the “network,” he explained.

“The Soldier is going to be “a node in the network,” Yakovac said.

“The guy in the middle is the Soldier...” he said, “and if we don’t do all that we can to make his life better, then we have failed.”